

SPECIFICATION

[Electronic Version 1.2.8]

U-TWIST

Detailed Description

[0001] Below is a pictorial example of how U-Twist is used. The first picture is an exploded view of the finished product. Fig-2 shows a close up view of the Adjustable Bearing Assembly. Fig-3 is an example of the U-Twist in the high position. Fig-4 is a highlighted view of the U-Twist Adjustable Bearing Assembly. The Horizontal Plank is connected to the Main vertical tube via the bearing assembly, allowing the plank to turn around the vertical tube 360 degrees in either clock wise direction or counter clockwise. Fig-5 is an example of striking the U-Twist with the hip area. Fig-6 is a view of using elbow jabs on the U-Twist. Fig-7 is an example of using your legs by kicking or kneeling the U-Twist. The plank is connected to a bearing assembly fitted around the vertical tube, allowing the plank to spin in a 360 degrees circular motion when the opposite padded end is struck. Even more particularly, it enables body stretching and movement to increase the blood circulation as well as the conditioning of the cardiovascular system.

Claims

[c001]

What is claimed is:

1. My invention provides a full body work out by standing and striking the horizontal plank pad (with your hand, foot, elbow, hip, or knee).

Each strike causes the pad to rotate clockwise or counter clockwise, depending on the direction of the strike as shown in fig-8.

My invention provides a workout system that can be convenient to move, disassemble, or stored to allow room space for a variety of purposes.

A apparatus according to claim 1, wherein said horizontal plank can includes an inflatable pad.